



Valhall Viking



**SONS of
NORWAY**

Celebrating **125 Years**
1895-2020

Mission Statement

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members.

February 2021
Valhall Lodge #6-25
<https://lodgeofvalhall.com>
Serving San Diego, CA

Meeting Location
La Mesa Masonic Lodge
4731 Date Ave.
La Mesa, CA 91942

Founded 1912

February 6, 10:00 AM LOV Virtual Meeting
February 20, 10:00 AM Corporation Board Virtual Meeting
February 20, 5:30 PM Virtual Lodge Meeting

Ord fra presidenten

Dear Members,

We installed our new slate of officers this past month. Tusen takk to Nancy Madson, District Six Secretary, for leading the virtual installation ceremony. We hope to have a good year with a full slate of officers. Having Covid go away would help a lot.

Hope you enjoyed the postcard that I mailed to the members. It is well worth appreciating the skiing accomplishments of Marit Bjørgen, and



details about her are on the postcard. I also invite you to let us know if there is a better way that we can serve you in this new year.

Godt nytt år,

Maury D. Lee
President
Valhall Lodge 06-25



Happy Birthday
Gøstulerer Med Dagen!



February Birthdays

3	Anne Høidal
4	Terra-Ellen Hieshetter
6	Sue Fouquette
6	Mia Aamodt
10	Sven Olsen
10	Donald Bigler
16	James Adams
19	Kimberly Bardin
21	Erik Nilsen
25	Linda O'Dell
28	Lewis Johnson

We Want Feedback

We want to know if this newsletter is meeting your needs. Is there anything that you would like to see that is currently missing? If so, please send an email to

editor@lodgeofvalhall.com

We also want to know if this newsletter was a factor in anybody joining the lodge. If reading the newsletter got you interested in joining the lodge, please let the editor know.

Tusen takk!

Erratum

Jan Garzon had a birthday on December 5. The previous newsletter listed her name as "Jsn Garzon". The Editor regrets the typo.

Links

Our lodge: <https://lodgeofvalhall.com>

District Six Newsletters and Cultural Newsletters: <https://sofn6.org/newsletters/>

Camp Norge: <https://www.campnorge.org/site/>

District Six: <https://sofn6.org>

House of Norway: <https://www.houseofnorway.org>

International: <https://www.sofn.com>

Newsletter editor: Steve Rawlinson

editor@lodgeofvalhall.com

This newsletter is published monthly except in January and July.

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Sons of Norway

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Lodge Officers

Lodge Officers	
President	Maury Lee
Vice President	Myla Coleman
Counselor	Susan Cody
Secretary	Wendy Hovland-Henry
Assistant Secretary	Denise Olson-Durham
Financial Secretary	Aprell Bigler
Treasurer	Millie Wright
Social Director	Judy Sawyer
Asst Social Director	Graciela Lee
Cultural Director	Amelia Seeto
Marshall	Andy Ueland
Assistant Marshall	Janet Weber
Historian	Sandra Yeaman
Musician	Sven Olsen
Editor	Steve Rawlinson
Assistant Editor	Arlene Labree
Foundation Director	Jim Adams
Publicity Director	Susan Cody
Youth Director	Myla Coleman
Sports Director	Ellen Spitzer
Webmaster	Steve Rawlinson
Trustee (3 Year)	Susan Cody
Trustee (2 Year)	Millie Wright
Trustee (1 Year)	Judy Sawyer

Auditors
Phil Hinshaw
Steve Rawlinson
Amelia Seeto

Corporation Officers	
President	James Adams
Vice President	Andreas Ueland
Secretary	Aprell Bigler
Treasurer	Steve Rawlinson
Director	Maury Lee
Director	Judy Sawyer
Director	Everett Shogren

LOV Officers	
President	Millie Wright
Vice President	Susan Cody
Secretary	Myla Coleman
Treasurer	Amelia Seeto



**SONS of
NORWAY**

JAMES DONOVAN

Your Financial Benefits Counselor

760-440-9905

jdonovaninsure@gmail.com

Minutes of Valhall Corporation Meeting

October 31, 2020

The regular meeting session of Valhall Sons of Norway Inc. Board was held via internet connection using ZOOM. It was called to order by President Jim Adams at 10:00AM.

Present: President Jim Adams, Vice President Andreas Ueland, Treasurer Steve Rawlinson, Secretary Aprell Bigler and Director Maury Lee. Directors Rick Hausvik and Judy Sawyer were absent. Guest Everett Shogren present for meeting.

Old Business:

Steve moved to accept the minutes of the last meeting on September 26, 2020 and Andy seconded. Motion passed.

Per Jim, the Bylaws and Standing Rules were approved by Valhall Lodge.

Per Jim, Steve did transfer funds from Sons of Norway Lodge Deposit Fund account to the new checking account.

Per Jim, Aprell Bigler has agreed to continue on the Corporation board. Rick Hausvik has declined. Everett Shogren has agreed to be on the Corporation board.

Steve opened a saving account at Torrey Pines Bank and has transferred 8K from the checking to the savings account.

New Business

Steve recommendations: We do not need a bond bucket at this time. We should just have 10 years of cash and the rest in stocks because with interest rates so low right now that Steve does not think any of the financial advisors can beat the 2.25% that Sons of Norway pays on our Deposit Fund. So skip the bond bucket for now and revisit at a later date.

Steve's overall recommendation is in favor of TD Ameritrade. However, Apriem was a close call. TD Ameritrade has the most professional operation. They have input from Morningstar.

Steve moves that we have the Stock bucket managed by TD Ameritrade and the funds that would go to the bond bucket, but instead go to the Cash bucket. Maury Seconded.

Discussion: Andy asked about the merger between TD Ameritrade and Charles Schwab. How long it would take to consolidate? Could we lose our TD Ameritrade representative? Steve said the process to consolidate will take 18-36 months, early 2022 to late 2023. Who knows if we will still have our TD Ameritrade representative at that time.

Andy asked if Everett would like to say anything. Everett said that no one has been able to beat Sons of Norway Deposit Fund interest rate.

Jim calls for your question: Those in favor of the motion use the sign of the order. All unanimous – motion passed. We will go with TD Ameritrade.

Jim asked Maury if the Lodge has made a decision on what they are going to do with the money from the Lesney fund? Maury said the board has not decided yet.

Steve moved we have the corporation meetings in 2021 on the 3rd Saturday of February, April, September and November at 10AM. Maury seconded. Discussion: We amended the motion and changed May meeting to April meeting. The call for the question: Those in favor on the motion: sign of the order – It is unanimous.

Corporation 2021 Regular Meetings to be as follows:

February 20, 2021 at 10AM

April 17, 2021 at 10AM

September 18, 2021 at 10AM

November 20, 2021 at 10AM

Action Items:

Andy will send Aprell the revised Bylaws and Standing Rules.

Steve will email Apriem and Edward Jones on our decision.

Jim would like Maury to let the corporation know what the lodge decides on how they plan on using the money from the Lesney fund.

Aprell will publish 2021 dates in Minutes.

Good of the Order:

Steve: We will perform our duties of informing the lodge of what goes on and that will be good for the order.

Jim: Any need to meet in December, let Jim know so we can set up a zoom meeting.

Next Meeting:

The next regular meeting will be on Saturday, February 20, 2021 at 10:00 AM via internet link. Steve will send an email message containing the ZOOM Meeting ID and Password.

Adjournment

A motion to adjourn the meeting was made by Steve and seconded by Maury. Motion passed. Regular session adjourned at 11:05AM.

Respectfully submitted,
Aprell Bigler, Secretary

Minutes of Valhall Virtual Lodge Meeting

January 16, 2021

Call to order by President Maury Lee at 1737

Installation of Lodge #6-25 Board and Officers were sworn in by Nancy Madson @1741

Committee & Directors reports

Financial report from Millie, as previously discussed nothing has changed..The Newsletter sent out was once again brought up and will be looked into further as if cost effective..need to consider those w/out computers and those that rely on mail..

Per Aprell one New Member joined our Lodge! YAY♥

Cultural from Myla nothing to report as we are still social distancing..hopeful to be together SOON!! But showed off beautiful SON bags and possibly projects for the future..

Susan Cody had nothing to report other than the newsletter and cost.

No old business

New business possibly a Salmon dinner sometime in March..

Steve R. Brought up \$20 a year to send out the Newsletter..tabled at this time..

1825 Nancy Madson swore in Maury Lee to return to position of President of Lodge #6-25.

Myla added that today January 22, Lucille is celebrating her 100th birthday!!!

GRATULERER MED DAGEN Lucille 🎉🎂🎊

She also has been a member for over 50 years as of 2017! Impressive 🍷 I salute you!!

Maury once again thanked all for the Drive-thru Holiday meals and goodies event as he wished us all well in the new Year as we adjourn meeting to attend the social time hosted by Myla...

15 Valhall Lodge members plus 1 District Six officer were present.
Meeting adjourned at 1840.

Respectfully submitted by,
Denise Olson aka. Tink
Asst. Secretary
Valhall Lodge #6-25



Valhall Lodge bags that were awarded to lucky winners at the Christmas 2020 virtual social.

Check out our festive gear! We have lots of Santa hats, Clara from The Nutcracker, a fancy Christmas cowgirl, the most gigantic elf hat, Seahawks Santa gear, plus companions Olaf and a Norwegian nisse, who promises the safety of the farm as long as he gets his yearly offering of rømmegrøt. Warning- don't diss your nisse!



Lodge members attending the virtual meeting on Dec. 19, 2020.
Members were encouraged to dress for the Christmas season.

Minutes of LOV Virtual Meeting

January 2, 2021

Thirteen members attended.

The meeting was called to order at 10:08 AM by President Millie Wright. She thanked continuing officers and incoming committee members.

Minutes of the November meeting was published in the lodge newsletter. Millie asked if anyone wanted it to be read aloud. No one did. There were no corrections. The minutes were approved.

Treasurer's Report - The treasurer's report was approved as read.

OLD BUSINESS

Sunshine – Barbara received thank you from Amelia and Helen for get well cards she sent. Denise will step in to the position in February.

Christmas Party – Millie thanked the committee for continuing to work on lunch at Anthony's even though we decided to cancel in-person due to pandemic risk. Thanks to Linda for sending beautiful winter star pop-up cards to LOV members, a nice keepsake. The virtual party was a great gathering, a chance to share our plans and what the season brought so far. Denise shared that her submission to the Sons of Norway national Christmas greeting was accepted and they sent a lovely CD of Norwegian songs as a thank you.

Hostess for upcoming meetings still on hold until we can meet in person. Millie still has the sign-ups for 2020 so we may use them.

NEW BUSINESS

Budget committee formed: Amelia, Sandra and Barbara will meet to present a budget for 2021.

Lille Butikken – In evaluating this year's Butikken in conjunction with the drive-up meatball dinner, Sandra reported what she learned: ginger bread house kits are widely available from multiple sources so making them at home seems a waste of energy. Offering specific types of cookies was a good idea; thanks to the enthusiastic bakers who made more than we needed for the sale. Dinner was well received and offering baked goods was a money-maker for us. We brainstormed a bit on ideas that would work for 2021. Myla ordered 50 canvas totebags with a version of the lodge graphic that was used for t-shirts a few years ago. If we can do in-person meetings, Denise would like to lead a button-making craft. Myla has access to a machine and button blanks.

CULTURAL/PROGRAM

Millie reminded us that we will be Amelia's support for lodge cultural programming. For LOV program, Tam will not be able to continue in an official capacity. We would love to have brief lessons in Norwegian phrases, if Ragnhild and Anne can offer that. Sandra feels that there is little interest in continuing "Telling our stories" member writing project, but she will help with the lodge cultural program. Ragnhild's book inspired her to use the prompt "When we were five" so that she and Alex could share personal childhood experiences with their grandchildren. Myla has a copy of Ragnhild's book and will start another round of borrowing the book.

GOOD OF THE ORDER

We said Happy Birthday for December to members who were not present: Peggy, Eldbjorg, Ragnhild. January HBD to Barbara, Denise, Tam and, not present, Thelma. Tam and Sig celebrated 30+ year anniversary in December. Linda and Steve were also married in December, some 40 years ago.

Tam said that thanks to some younger family members, Sig had a nice Zoom chat with his two older sisters living in different parts of Norway. Susan encourages us to get the COVID-19 vaccine, especially as there is a new strain. Sandra shared an exquisitely painted rock that was placed in her little free library. She and Denise suggest that a rock painting party would be a fun meeting activity. Maybe a chance to practice rosemaling brush strokes on a very inexpensive kind of canvas that you can find in your backyard.

Next meeting: February 6 at 10AM. Sandra will send link to members.

The meeting adjourned at 11:03 AM

Respectfully submitted,

Myla Coleman, Secretary

LOV Notes

December 2020 and January 2021

LOV Notes December 2020

Next Meeting: January 2, 2021 (in-person or Zoom TBD)

Hostesses: N/A

Out with the old in with the new . . . may the new year be better than the old!!!!

LOV held their last get-together for 2020 on December 12th via Zoom. Sadly, LOV's Christmas party at Anthony's was cancelled due to the mask and social distancing and the uncertainty of the weather conditions.

The December 12th get-together was not a regular meeting, but a chance for us to meet one more time before year and chat a bit. Each member was able to share their Christmas plans; some are staying home while others are celebrating with extended family members.

Once again, whenever we get together there is a lot of laughter which gets to be a bit of a problem on Zoom.

God jul og godt nytt år,

Millie Wright
President, LOV

LOV Notes January 2021

Goodbye 2020, welcome 2021.

The first LOV meeting of 2021 was held on January 2nd, at 10:00 a.m. via Zoom. We are still waiting to be able to meet in person at Denny's and hope that happens well before year's end.

Attendance was less than usual but still a good turn out and important work was conducted.

First, I am proud of the Ladies for continuing as Officers of LOV for 2021 and for the participation of all the Ladies who attended our Zoom meetings, continued working on the Lille Butikken and LOV Christmas party committees, and participated in 2020 events.

Barbara Evje stepped down as our Sunshine Lady and handed the job over to Denise Olson who is looking forward to taking up this challenge. LOV ladies, please contact Denise with information for any of our Ladies that may be ill, suffered an injury, or maybe just need a "pick-me-up". One of the things I love about LOV is that we all help each other.

The 2021 Budget Committee was formed and will hopefully have a new budget to present at the February 6th LOV meeting

Committees are needed for the 2021 Lille Butikken, LOV Christmas party, and Christmas Stockings/bags; however, there is time to accomplish this, but we don't want to wait too long. At least conversations started regarding projects that we may be able to pursue.

Med vennlig Hilsen,

Millie Wright
President, LOV

Happy 100th Birthday to Member Lucille Wendling! January 22, 2021

Lucille has been a member of Valhall Lodge since 1967. I called to congratulate her for her wonderful milestone which her family will celebrate in modest style, according to pandemic restrictions. She lives on her own with regular visits by her daughter Laura, a professor at a local university.

The family also marked the occasion with a charming article in the Celebrations section of the San Diego Union-Tribune. “Lucille is a ray of sunshine who lights up the lives of all around her and inspires everyone she meets.” She attributes her longevity to her “Viking heritage, her 30 years spent as an educator for San Diego City Schools...., her love of dark chocolate and a bit of red wine, her team of amazing physicians... and the love of her family and friends.”*

As we chatted, she shared that she is surrounded by mementos of Norwegian culture, rosemaled artifacts and Hardanger embroidery, some that she created herself. Her mom emigrated from Trondheim in her 30’s and raised her family to be proud of their Scandinavian roots.

She told a great story of the time when she and 6-year-old Laura moved to Norway with her SDSU professor husband for his sabbatical. Young Laura, enrolled in the local school, had learned the language well enough to translate for Lucille as they shopped and traveled around the town.

Lucille’s comment, as the time grew near for the momentous day, was “It looks like I’m going to make it!” I’m glad for all of us, Lucille, and look forward to meeting you in person one day, hopefully in celebration of many more birthdays.

Myla Coleman

*Local section, San Diego Union-Tribune, January 17, 2021

This link is to a publication called Postscript, by SDSU’s Retirement Association, and has articles by and about Lucille, who retired as the organization’s Historian, serving from 2009-2019. There is an article about her on Page 3. She wrote an article about S&H Green Stamps on Page 11. https://retire.sdsu.edu/_resources/files/postscriptspring2020blackandwhite.pdf

Cultural Notes

January 2021

Thanks to the members for joining us virtually since we can't meet in person! Our social events are open to anyone interested in learning about Norwegian culture. We encourage our members to reach out to invite family and friends to join us. The virtual setting is perfect for including those who live in far flung places, like Minnesota 😊

Deck the (Val) Hall Lodge Virtual Christmas Party - December 19, 2020

Our drive-up for Christmas goodies didn't get a lot of interest so it was cancelled. In the safer venue of a virtual party, Steve successfully used the Zoom "room" function to divide our group into 2 smaller groups for 10 minutes, sweet to have a more intimate conversation that gave everyone a chance to hear and be heard. The topic was favorite holiday movies: a few that were mentioned - Elf, Miracle on 34th Street, It's a Wonderful Life, A Christmas Story. The hot question – is Die Hard really a Christmas movie? We used the chat feature for our Verdens Beste holiday attire competition. People sent their vote to me in a private chat. Denise won with her Seahawks Santa hat and fluffy beard. For the raffle, I went low tech and put everyone's name on a slip of paper, drawing Helga and Jim. We had a relatively small group, probably since it was the weekend before Christmas; some were out of town or had previous engagements. I think we are getting the hang of this virtual meeting thing.

Since we didn't do the in-person event, we encourage our members to donate to the Food Bank online <https://sandiegofoodbank.org/>

January Social "What does the Norwegian Say? Part Deux" - January 16, 2021

I know. "Part Deux" is English and French, but it amuses me to refer to this continuation of the fun in this silly way. Even though we didn't have the cute decorations and yummy homemade krumkake like last year, we had a scintillating conversation.

Here is a link to the national website that I pulled from to use in our program - https://www.sofn.com/wp-content/uploads/2018/11/InfoBank_208.pdf

The introduction in this document has a great overview of what can be learned by looking at a culture's sayings:

"Traditional proverbs can provide a unique insight into attitudes, standards and the cultural state of mind of the people who relate them and pass them on as part of their oral tradition. Norwegian proverbs are a great example of this because they encode native values of perseverance, thrift and social responsibility, often presented with an ironic or darkly comic twist."

Myla Coleman, Valhall Lodge Vice President

A few Norwegian proverbs*

I nøden spiser fanden fluer.

Necessity makes the devil eat flies.

Bedre med trøtte armer enn tomme tarmer.

Better tired arms than empty bowels.

Du skal ikke tro at du er noe.

You shall not think that you are something.

På ridestellet skal storfolk kjennes.

You can tell great men by the style of their mounts.

Smak og behag kan ikke diskuteres.

Taste and preference cannot be debated.

Alt har en ende, men pølsa har to –

pannekaka har ingen, men er likevel god.

All things come to an end, but a sausage has two –
the pancake has none, but is nonetheless good.

Når katten er borte, danser musene på bordet.

When the cat's away, the mice dance on the table.

*Copied from SOFN Idea Bank

**SONS of
NORWAY****District Six***California, Utah, Nevada, Arizona, Colorado, New Mexico, and Hawaii*

Dear District Six Lodges,

The District Six Officers and Directors hope you all had a great holiday season and wish you a great 2021. 2020 was a difficult year for all of us. Due to the limitations set on our lodges as a result of the global pandemic and as members of a lodge, we know the frustrations you all have faced during the last year. However, despite the challenges, many lodges are creating alternative methods to keep lodges active and vibrant. To support all District Lodges in their journey to "keep things going," the District Six Board has voted to give each of our lodges \$200. This money is to be used by the lodge for membership retention, recruitment, and communication. How do you do this in a pandemic when lodges can't meet? There are many ways this can be accomplished. The ideas that are being shared have come from lodges in our district. Here are some of the ways you could use the money the district has sent to your lodge.

- Hold meetings via ZOOM, Go To Meeting, Google Teams, or conference calls. Use the funds to pay for a yearly subscription. Many lodges are finding that using an internet meeting format has made it more accessible to many members. Some lodges are planning to use the format even after we can meet in person. Sometimes it is not easy to have group discussions via internet service. Use a break out room with 3-4 in a group. That facilitates conversations on a more personal way. Meeting materials can be shared as well as media presentations.
- Send additional newsletters, cards, or notes to keep members engaged. Use the money to pay for postage and printing.
- Host meetings, events, lectures, movies, concerts, or whatever via an electronic media. Some lodges have members creating innovative programs. Have a virtual cooking class.
- Hold meetings in parks, parking lots, or driveways so that social distancing can be utilized. One lodge has set up community groups. The lodge leadership identified members in the same area and encouraged them to meet in small groups.
- Give back to members. Have a drive-by giving a goodie bag, gift, or just a hello to see how everyone is doing. Provide individually wrapped items.
- Utilize a phone tree. This, for the most part, is free but allows members to reach out and check on each other.
- You still can have a lutefisk dinner. Pre-order meal kits and provide instructions on the preparation. Members pick up their meal kit and prepare it themselves.
- Or let's flip this. Do your members like to reach out to the community by providing food for a local food bank, care kits for the homeless, or socks for a local mission? Let others in your community hear about this, they may want to participate. Many younger members have class projects that require community service. Support their school project, and this could help retain that younger member.

The District Board requests a note, photo, or article as to how your lodge utilized the funds. We would like to share your ideas in the District newsletter and share photos in the *Viking Magazine*.

The District Board hopes this contribution to your lodge will assist your lodge to continue to reach out members and maybe they in turn will bring in additional members.

Thank you all for everything you do for our members, our lodges, and our communities.

Fraternally,

Luella Grangaard,
District Six President
and the District Six Board of Directors

February = 14 days of friluftsliv

Februar = fjorten dager friluftsliv

As a fervent hiker, Henrik Ibsen gave name to a concept already deeply rooted in the Norwegian psyche: *friluftsliv* (*free-loofts-leave*). Roughly translated as “life in the free air,” the idea is to immerse yourself in nature, resulting in benefits to mind, body and spirit.

Over the past year, *friluftsliv* has become a buzzword around the globe as people seek to maintain mental and physical balance during Covid. A more modern interpretation can apply to any activity that allows you to appreciate the outdoors in a simple manner. There’s no need for stopwatches or competition—in fact, the simpler you go, the better.

Being the shortest month, February is the perfect time to try and get outside every other day. Starting on the first of the month, why not challenge yourself to experience **friluftsliv** at least half of the days in February? Post photos and anecdotes on [Facebook](#), [Twitter](#) or [Instagram](#) with the hashtags #14dagerfriluftsliv #14daysoffriluftsliv #sonsofnorway and encourage your friends and family to give it a go, wherever they are! *(Editor’s Note: Take your mask with you and be prepared to put it on whenever you encounter another person.)*

Ok, we used the word “challenge” in that last paragraph—this is starting to sound rather competitive! But think of it more as a challenge to yourself. Let’s keep things low-key and see how many ways there are to experience *friluftsliv*.

(Editor’s Note: This article was written by somebody probably in Minnesota. Some of the suggestions below do not apply to San Diego. Snow is not commonly encountered in San Diego.)

See

- Watch a sunrise or sunset
- Go stargazing
- [Adventure Coffee](#)
- Unplug for a whole day
- Prepare and eat a meal in your yard
- Observe birds
- Walk around
- Take nature photos
- Climb a tree
- Put the kids in the yard

Do

- [Outdoor yoga](#)
- Take a polar plunge
- Sauna / roll in snow
- Build a snowman or snow fort
- Find some trees and do some [mocking](#)
- Try an [outdoor craft](#)
- Visit the dog park
- Build a campfire
- Walk your errands
- Chop your own wood
- Ice skating

Go

- Head to the highest point in your town
- Dog-sledding or [skijoring](#)
- Find a new park
- Go sledding
- Take a picnic hike
- Visit a scenic overlook
- Downhill or XC Ski
- Bike commute to nowhere
- Fishing or ice fishing
- Try snowshoeing
- Take a new route
- [Winter camping](#)

Yukigassen

From Sobetsu, Japan to Vardø, Norway, people around the world take part in the latest—and arguably strangest—winter sport dubbed Yukigassen.

The sport first originated in Japan during the mid-1980s and eventually made its way to Norway during the late 90s. Yukigassen, meaning “snow-battle” in English, is essentially one big snowball fight that combines the game of dodgeball with the traditional rules of capture the flag. It’s played with two teams of seven



players, each getting eliminated after being hit by a snowball. A winning team is only declared once all members of a single team have been eliminated or one player captures the opposing team’s flag.

Although the sport remains most popular in its country of origin, with nearly 1,000 Japanese teams competing each year, annual tournaments are also held in Finland, Australia, Sweden, Russia, the U.S., Canada and Norway.

In fact, Norway just celebrated its 23rd annual Yukigassen event last month in Vardø, Norway. In addition to snowball fights, The Nordic Yukigassen Championship has evolved into a five-day winter festival that includes a Golden Glove contest, Yuki quiz, Yuki dance competition, crowning of the Yuki king and queen, a parade and several concerts throughout the city.

In Norway, It’s Taco Friday

Many people in the United States celebrate “Taco Tuesday”. But in Norway, it’s *fredagstaco*, or “Taco Friday”. The taco has become the most popular dinner on Friday in Norway. Long before they were adapted and popularized across the United States, tacos were a staple of Mexican food for centuries. So how did it come to be that they stole the heart of many Norwegians? Perhaps because tacos are a quick and easy dish to make; it’s also something the whole family can enjoy, since each person can choose their own ingredients. Trond Svendgård, chef at Flying Culinary Circus, explains that “It is a social dish because one sits at the table longer and makes their own food.”

For more information, visit https://www.sofn.com/blog/in-norway-its-taco-friday/?utm_source=Sons+of+Norway&utm_campaign=02235c0a9c-EPOST_012021&utm_medium=email&utm_term=0_c5ffaf3d10-02235c0a9c-58051183



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Valhall Viking

FEBRUARY 2021

CALENDAR **December - January**

February 6 LOV Virtual Meeting

February 20 Corporation Board Virtual Meeting

February 20 Lodge Virtual Meeting

February 23 Newsletter Deadline

Next newsletter is the
March issue

Deadline for the
March Valhall Viking
is February 23, 2021

E-Mail articles to
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